



Serious Steel

**895101
DIP ATTACHMENT
ASSEMBLY INSTRUCTIONS**

- **THANK YOU** for purchasing the DIP ATTACHMENT!
- **PLEASE** read these instructions thoroughly and keep them for future reference.
- **TOOLS REQUIRED:** Ratchet, 3/4" Socket, 3/4" Wrench, Rubber Mallet or Hammer.
- **IF** you have any problem in the assembly or use of this product, please contact the PARABODY Customer Service Department at 1-800-328-9714.

ParaBody, Incorporated
14150 Sunfish Lake Boulevard
Ramsey, MN 55303
1-800-328-9714

THERE IS A RISK ASSUMED BY INDIVIDUALS WHO USE THIS TYPE OF EQUIPMENT. TO MINIMIZE RISK, PLEASE FOLLOW THESE RULES:

1. Consult your physician before beginning any exercise program.
2. Inspect equipment daily. Tighten all loose connections and replace worn parts immediately. Failure to do so may result in serious injury.
3. Do not allow minors or children to play on or around this equipment.
4. Exercise with care to avoid injury.
5. If unsure of proper use of equipment, call your local ParaBody distributor or call the ParaBody customer service department at 1-800-328-9714.

PARTS LIST: *PLEASE IDENTIFY ALL PARTS BEFORE BEGINNING ASSEMBLY*****

ITEM	PART #	DESCRIPTION	QTY
1.	6589903	WLDMT, DIP HANDLE SUPPORT WHT	1
2.	6590303	WLDMT, DIP HANDLE WHT	1

HARDWARE LIST: *PLEASE SORT HARDWARE BEFORE BEGINNING ASSEMBLY*****

ITEM	PART #	DESCRIPTION	QTY
1.	3103101	GRIP, 1-1/4 X 5 CLOSED END	2.
2.	6405201	CAP, END 2 SQ. 10-14 GA	3.
3.	3102502	WASHER, FLAT 1/2 ID	4.
4.	3102801	NUT, NYLOCK 1/2-13	2.
5.	3102910	BOLT, HHG2 1/2-13 X 3	2.
6.	6145801	KNOB, 3 PRONG 3/8-16 X 3/4	1.
7.	3120801	PIN, DETENT .390 DIA X 4-1/2	1.
8. Discontinued	6600301	GLIDE, 3.75 X 3.75 UHMWPE QTY1	2.

6416601

1. Attach two 2" END CAPS to DIP HANDLE as shown on drawing.
2. Attach one 1-1/4 x 5" GRIP to each HANDLE.
3. Insert one 2" END CAP into end of DIP HANDLE SUPPORT.
4. Assemble DIP HANDLE to DIP HANDLE SUPPORT using two 1/2" x 3" bolts, four 1/2" flat washers and two 1/2" lock nuts as shown on drawing.
5. Attach one GLIDE to inside of each plate as shown in Detail A.
6. Install DIP ATTACHMENT to GUN RACK as shown on drawing. Insert DETENT PIN in first hole for use on 893 PRO SYSTEM, and second hole for use on 866 STRENGTH BUILDING SYSTEM.
7. Securely tighten 3 PRONG KNOB in threaded hole as shown on drawing.

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